

USDA National Nutrient Database for Standard Reference, Release 23

Fatty acids, total polyunsaturated (g) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14006	Alcoholic beverage, beer, light	354	12 fl oz	0.000
14003	Alcoholic beverage, beer, regular, all	355	12 fl oz	0.000
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0.010
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.000
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.000
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.000
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.055
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	0.047
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.000
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.000
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0.000
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.000
11001	Alfalfa seeds, sprouted, raw	33	1 cup	0.135
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.097
09011	Apples, dried, sulfured, uncooked	32	5 rings	0.030
09003	Apples, raw, with skin	138	1 apple	0.070
09004	Apples, raw, without skin	110	1 cup	0.041
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	255	1 cup	0.138
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244	1 cup	0.034
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	0.043
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	0.039
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	0.017
09032	Apricots, dried, sulfured, uncooked	35	10 halves	0.026
09021	Apricots, raw	35	1 apricot	0.027
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	0.240
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	0.172
11015	Asparagus, canned, drained solids	72	4 spears	0.204
11012	Asparagus, cooked, boiled, drained	60	4 spears	0.063
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	0.333
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	0.111
09038	Avocados, raw, California	28.35	1 oz	0.515
09039	Avocados, raw, Florida	28.35	1 oz	0.475
18005	Bagels, cinnamon-raisin	89	4" bagel	0.597
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	0.476
18003	Bagels, egg	89	4" bagel	0.571
18003	Bagels, egg	71	3-1/2" bagel	0.456
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	0.454
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	0.570
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	3.033
19078	Baking chocolate, unsweetened, squares	28.35	1 square	0.441
11028	Bamboo shoots, canned, drained solids	131	1 cup	0.233
09040	Bananas, raw	150	1 cup	0.110
09040	Bananas, raw	118	1 banana	0.086

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20006	Barley, pearled, cooked	157	1 cup	0.336
20005	Barley, pearled, raw	200	1 cup	1.120
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	0.307
16008	Beans, baked, canned, with franks	259	1 cup	2.165
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	0.951
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	0.397
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	0.397
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	0.331
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	0.387
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	0.487
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	0.892
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	0.402
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	0.076
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	0.181
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	0.113
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	0.069
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	0.181
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	0.113
16051	Beans, white, mature seeds, canned	262	1 cup	0.330
22905	Beef stew, canned entree	232	1 cup	0.582
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85	3 oz	0.825
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85	3 oz	0.374
13348	Beef, cured, corned beef, canned	85.05	3 oz	0.536
13350	Beef, cured, dried	28.35	1 oz	0.020
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	0.445
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	0.441
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	0.412
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	0.850
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	0.850
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	0.389
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	0.265
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	0.316
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	0.162
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	0.448
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	0.177
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	0.512
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	0.101
11084	Beets, canned, drained solids	24	1 beet	0.012
11084	Beets, canned, drained solids	170	1 cup	0.083
11081	Beets, cooked, boiled, drained	170	1 cup	0.109
11081	Beets, cooked, boiled, drained	50	1 beet	0.032
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	2.498

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18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	4.205
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	0.253
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0.164
09042	Blackberries, raw	144	1 cup	0.403
09055	Blueberries, frozen, sweetened	230	1 cup	0.131
09050	Blueberries, raw	145	1 cup	0.212
07008	Bologna, beef and pork	56.7	2 slices	0.635
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	1.810
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	0.584
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	2.760
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	2.604
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	1.878
18023	Bread, cornbread, dry mix, prepared	60	1 piece	0.734
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	2.084
18025	Bread, cracked-wheat	25	1 slice	0.171
18027	Bread, egg	40	1/2" slice	0.442
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.197
18033	Bread, italian	20	1 slice	0.278
18035	Bread, Multi-Grain (includes whole-grain)	26	1 slice	0.487
18036	Bread, Multi-Grain, toasted (includes whole-grain)	24	1 slice	0.488
18039	Bread, oatmeal	27	1 slice	0.460
18040	Bread, oatmeal, toasted	25	1 slice	0.463
18041	Bread, pita, white, enriched	28	4" pita	0.150
18041	Bread, pita, white, enriched	60	6-1/2" pita	0.321
18044	Bread, pumpernickel	32	1 slice	0.396
18045	Bread, pumpernickel, toasted	29	1 slice	0.394
18047	Bread, raisin, enriched	26	1 slice	0.177
18048	Bread, raisin, toasted, enriched	24	1 slice	0.177
18053	Bread, reduced-calorie, rye	23	1 slice	0.173
18055	Bread, reduced-calorie, wheat	23	1 slice	0.223
18057	Bread, reduced-calorie, white	23	1 slice	0.129
18060	Bread, rye	32	1 slice	0.256
18061	Bread, rye, toasted	24	1 slice	0.211
18064	Bread, wheat	25	1 slice	0.359
18065	Bread, wheat, toasted	23	1 slice	0.396
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0.339
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	0.610
18070	Bread, white, commercially prepared, toasted	22	1 slice	0.460
18075	Bread, whole-wheat, commercially prepared	28	1 slice	0.168
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	0.185
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	0.063
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	0.265
11740	Broccoli, flower clusters, raw	11	1 floweret	0.018
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	0.101
11090	Broccoli, raw	31	1 spear	0.012
11090	Broccoli, raw	88	1 cup	0.033
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	0.398

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11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	0.310
20011	Buckwheat flour, whole-groat	120	1 cup	1.139
20010	Buckwheat groats, roasted, cooked	168	1 cup	0.316
20013	Bulgur, cooked	182	1 cup	0.178
20012	Bulgur, dry	140	1 cup	0.757
01001	Butter, salted	14.2	1 tbsp	0.432
01145	Butter, without salt	14.2	1 tbsp	0.432
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	0.131
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	0.073
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	0.035
11109	Cabbage, raw	70	1 cup	0.012
11112	Cabbage, red, raw	70	1 cup	0.056
11114	Cabbage, savoy, raw	70	1 cup	0.034
18086	Cake, angelfood, commercially prepared	28	1 piece	0.103
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.062
18090	Cake, boston cream pie, commercially prepared	92	1 piece	0.928
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	1.181
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	2.623
18110	Cake, fruitcake, commercially prepared	43	1 piece	1.429
18116	Cake, gingerbread, prepared from recipe	74	1 piece	3.120
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	3.774
18120	Cake, pound, commercially prepared, butter	28	1 piece	0.299
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.119
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	2.361
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	0.911
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	0.791
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	0.209
18133	Cake, sponge, commercially prepared	30	1 shortcake	0.134
18134	Cake, sponge, prepared from recipe	63	1 piece	0.409
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	2.421
18139	Cake, white, prepared from recipe without frosting	74	1 piece	2.330
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	1.352
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	3.296
19074	Candies, caramels	10.1	1 piece	0.351
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.019
19071	Candies, carob, unsweetened	28.35	1 oz	0.084
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0.063
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	1.431
19104	Candies, fudge, vanilla with nuts	15	1 piece	0.992
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.036
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.000
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.000
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.000
19107	Candies, hard	3	1 small piece	0.000
19107	Candies, hard	6	1 piece	0.000
19108	Candies, jellybeans	28.35	10 large	0.000
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	0.376

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19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	7	10 pieces	0.064
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	20	10 pieces	0.691
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	18	1 fun size bar	0.047
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	61	1 bar (2.15 oz)	0.159
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57	1 bar (2 oz)	1.718
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	5	1 piece	0.000
19116	Candies, marshmallows	50	1 cup	0.024
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	0.605
19126	Candies, milk chocolate coated peanuts	40	10 pieces	1.732
19127	Candies, milk chocolate coated raisins	10	10 pieces	0.057
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	1.238
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	2.139
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.221
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	2.475
19080	Candies, semisweet chocolate	168	1 cup	1.623
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	0.037
19087	Candies, white chocolate	170	1 cup	1.722
09060	Carambola, (starfruit), raw	91	1 fruit	0.167
09060	Carambola, (starfruit), raw	108	1 cup	0.199
14121	Carbonated beverage, club soda	355	12 fl oz	0.000
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.000
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.000
14142	Carbonated beverage, grape soda	372	12 fl oz	0.000
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0.000
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.000
14150	Carbonated beverage, orange	372	12 fl oz	0.000
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	0.000
14157	Carbonated beverage, root beer	370	12 fl oz	0.000
14145	Carbonated beverage, SPRITE, lemon-lime, without caffeine	368	12 fl oz	0.000
16055	Carob flour	8	1 tbsp	0.017
11655	Carrot juice, canned	236	1 cup	0.168
11960	Carrots, baby, raw	10	1 medium	0.007
11128	Carrots, canned, regular pack, drained solids	146	1 cup	0.134
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	0.139
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	0.488
11124	Carrots, raw	110	1 cup	0.129
11124	Carrots, raw	72	1 carrot	0.084
11935	Catsup	15	1 tbsp	0.019
11935	Catsup	6	1 packet	0.008
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	0.117
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	0.269
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	0.189
11135	Cauliflower, raw	13	1 floweret	0.002
11135	Cauliflower, raw	100	1 cup	0.015
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	0.113
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0.028

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11143	Celery, raw	40	1 stalk	0.032
11143	Celery, raw	120	1 cup	0.095
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	0.501
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	0.495
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	0.330
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	0.592
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	0.918
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	0.000
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	0.197
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	0.295
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	0.537
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0.185
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	0.501
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	0.287
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	0.355
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	0.501
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	0.999
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	0.163
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	0.110
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	0.503
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	0.479
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	0.250
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	0.300
08026	Cereals ready-to-eat, GENERAL MILLS, WHEATIES Raisin Bran	55	cup (1 NLEA serving)	0.354
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	0.240
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	0.633
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	0.220
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	0.071
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S COMPLETE Wheat Flakes	29	3/4 cup	0.319
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	0.081
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	0.155
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	0.131
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	0.120
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	0.032
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	0.550
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S Honey SMACKS	27	3/4 cup	0.243
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	0.210
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	0.445
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	0.097
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	0.180
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	0.248
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	0.510

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08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	0.213
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	0.208
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	0.583
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	0.540
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	0.760
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	0.410
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	0.454
08219	Cereals ready-to-eat, QUAKER, QUAKER toasted Oatmeal Cereal, Honey Nut	49	1 cup	0.549
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0.471
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	0.580
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.399
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.315
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	0.158
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251	1 cup	0.286
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	239	1 cup	0.301
08511	Cereals, Malt-o-Meal, plain, prepared with water, without salt	268	1 serving (3 T dry cereal p	0.230
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	177	1 packet	0.747
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), without salt	234	1 cup	1.308
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	137	1 packet	0.262
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	0.428
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	0.594
08143	Cereals, WHEATENA, cooked with water	243	1 cup	0.612
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.314
01164	Cheese sauce, prepared from recipe	243	1 cup	3.395
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.177
01004	Cheese, blue	28.35	1 oz	0.227
01007	Cheese, camembert	38	1 wedge	0.275
01009	Cheese, cheddar	28.35	1 oz	0.267
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	0.258
01013	Cheese, cottage, creamed, with fruit	226	1 cup	0.280
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	0.070
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	0.158
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	0.004
01017	Cheese, cream	14.5	1 tbsp	0.208
01186	Cheese, cream, fat free	15.6	1 tbsp	0.009
01019	Cheese, feta	28.35	1 oz	0.168
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	0.063
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	0.144

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01026	Cheese, mozzarella, whole milk	28.35	1 oz	0.217
01030	Cheese, muenster	28.35	1 oz	0.187
01031	Cheese, neufchatel	28.35	1 oz	0.275
01032	Cheese, parmesan, grated	5	1 tbsp	0.059
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	0.281
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	0.176
01035	Cheese, provolone	28.35	1 oz	0.218
01037	Cheese, ricotta, part skim milk	246	1 cup	0.640
01036	Cheese, ricotta, whole milk	246	1 cup	0.947
01040	Cheese, swiss	28.35	1 oz	0.276
18147	Cheesecake commercially prepared	80	1 piece	1.282
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	0.073
09070	Cherries, sweet, raw	68	10 cherries	0.035
22906	Chicken pot pie, frozen entree, prepared	217	1 small pie	3.010
07017	Chicken roll, light meat	56.7	2 slices	0.212
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	4.312
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	1.921
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	0.662
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	2.327
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	2.729
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	1.583
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	0.603
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	1.177
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	1.058
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	0.365
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	3.354
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	1.290
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	2.484
05277	Chicken, canned, meat only, with broth	142	5 oz	2.485
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	0.390
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	3.962
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	1.224
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	1.896
22904	Chili con carne with beans, canned entree	222	1 cup	0.948
11156	Chives, raw	3	1 tbsp	0.008
14181	Chocolate syrup	18.75	1 tbsp	0.005
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	0.020
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	0.495
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	0.013
14192	Cocoa mix, powder	28.35	3 heaping tsp	0.032
14194	Cocoa mix, powder, prepared with water	206	1 serving	0.033

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14390	Cocoa mix, with aspartame, powder, prepared with water	192	1 serving	0.013
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.024
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.002
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.055
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.004
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	1.966
11159	Coleslaw, home-prepared	120	1 cup	1.621
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	0.329
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	0.357
18151	Cookies, brownies, commercially prepared	56	1 brownie	1.265
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.177
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.049
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	10	1 cookie	0.268
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	0.465
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	1.346
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	0.603
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.355
18170	Cookies, fig bars	16	1 cookie	0.444
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	3.219
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.536
18177	Cookies, molasses	15	1 cookie, medium	0.259
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to	0.553
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.070
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	0.636
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	0.331
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	0.755
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.828
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	1.445
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	0.577
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0.259
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	0.399
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	1.021
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	0.434
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	1.133
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.755
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.155
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	0.464
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	0.507
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	0.498
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	0.464
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	0.522
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	0.219
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	0.875
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	1.020
20020	Cornmeal, whole-grain, yellow	122	1 cup	1.998

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20027	Cornstarch	8.064	1 tbsp	0.002
20029	Couscous, cooked	157	1 cup	0.100
20028	Couscous, dry	173	1 cup	0.436
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	0.266
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	0.476
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	0.569
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	0.387
18214	Crackers, cheese, regular	10	10 crackers	0.247
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.357
18217	Crackers, matzo, plain	28.35	1 matzo	0.171
18220	Crackers, melba toast, plain	20	4 pieces	0.256
18226	Crackers, rye, wafers, plain	11	1 wafer	0.044
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.488
18229	Crackers, standard snack-type, regular	12	4 crackers	1.512
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.180
18232	Crackers, wheat, regular	8	4 crackers	0.738
18235	Crackers, whole-wheat	16	4 crackers	1.111
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.149
09081	Cranberry sauce, canned, sweetened	57	1 slice	0.038
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0.004
01069	Cream substitute, powdered	2	1 tsp	0.000
01049	Cream, fluid, half and half	15	1 tbsp	0.064
01053	Cream, fluid, heavy whipping	15	1 tbsp	0.206
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.108
01052	Cream, fluid, light whipping	15	1 tbsp	0.133
01056	Cream, sour, cultured	12	1 tbsp	0.101
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.067
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.025
18239	Croissants, butter	57	1 croissant	0.624
18243	Croutons, seasoned	40	1 cup	0.947
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	0.456
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0.087
15141	Crustaceans, crab, blue, canned	135	1 cup	0.348
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	0.219
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	1.364
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	0.289
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	0.582
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	2.288
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	4.322
11206	Cucumber, peeled, raw	280	1 large	0.008
11206	Cucumber, peeled, raw	119	1 cup	0.004
11205	Cucumber, with peel, raw	301	1 large	0.096
11205	Cucumber, with peel, raw	104	1 cup	0.033
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	0.275
18245	Danish pastry, cheese	71	1 danish	1.828

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18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	1.678
09087	Dates, deglet noor	178	1 cup	0.034
09087	Dates, deglet noor	41.5	5 dates	0.008
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.008
01072	Dessert topping, pressurized	4	1 tbsp	0.010
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.021
02045	Dill weed, fresh	1	5 sprigs	0.001
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	1.250
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	0.372
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	0.372
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	1.718
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	3.286
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	3.948
01124	Egg, white, raw, fresh	33.4	1 large	0.000
01128	Egg, whole, cooked, fried	46	1 large	1.495
01129	Egg, whole, cooked, hard-boiled	50	1 large	0.707
01131	Egg, whole, cooked, poached	50	1 large	0.952
01132	Egg, whole, cooked, scrambled	61	1 large	1.482
01123	Egg, whole, raw, fresh	50	1 large	0.956
01123	Egg, whole, raw, fresh	58	1 extra large	1.108
01123	Egg, whole, raw, fresh	44	1 medium	0.841
01125	Egg, yolk, raw, fresh	16.6	1 large	0.698
01057	Eggnog	254	1 cup	0.503
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	0.092
11213	Endive, raw	50	1 cup	0.044
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	0.284
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	0.479
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	5.706
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	106	1 slice	2.131
21005	Fast Foods, biscuit, with egg and sausage	180	1 biscuit	5.341
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	0.892
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	0.611
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	0.667
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166	1 sandwich	2.658
21092	Fast foods, cheeseburger; double, regular patty; plain	155	1 sandwich	0.871
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	195	1 sandwich	1.310
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	219	1 sandwich	0.653
21090	Fast foods, cheeseburger; single, regular patty, with condiments	113	1 sandwich	1.540
21089	Fast foods, cheeseburger; single, regular patty; plain	102	1 sandwich	0.425
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	8.383
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	5.639
21042	Fast foods, chili con carne	253	1 cup	0.529
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	1.136

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21043	Fast foods, clams, breaded and fried	115	3/4 cup	6.774
21127	Fast foods, coleslaw	99	3/4 cup	5.295
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	1.758
21015	Fast foods, danish pastry, cheese	91	1 pastry	2.423
21017	Fast foods, danish pastry, fruit	94	1 pastry	1.568
21074	Fast foods, enchilada, with cheese	163	1 enchilada	0.817
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	1.780
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	9.432
21024	Fast foods, french toast sticks	141	5 sticks	3.618
21023	Fast foods, french toast with butter	135	2 slices	2.444
21077	Fast foods, frijoles with cheese	167	1 cup	0.696
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226	1 sandwich	2.796
21111	Fast foods, hamburger; double, regular patty; with condiments	215	1 sandwich	2.765
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218	1 sandwich	2.202
21108	Fast foods, hamburger; single, regular patty; with condiments	106	1 sandwich	1.206
21118	Fast foods, hotdog, plain	98	1 sandwich	1.706
21119	Fast foods, hotdog, with chili	114	1 sandwich	1.188
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	3.497
21129	Fast foods, hush puppies	78	5 pieces	0.388
21078	Fast foods, nachos, with cheese	113	6-8 nachos	2.233
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	0.665
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	1.958
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	3.964
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	7.882
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	6.250
21139	Fast foods, potato, mashed	80	1/3 cup	0.234
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	2.733
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	1.706
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	0.475
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	0.556
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	0.645
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	2.282
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	2.611
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	7.296
21033	Fast foods, sundae, hot fudge	158	1 sundae	0.807
21082	Fast foods, taco	171	1 small	0.959
21082	Fast foods, taco	263	1 large	1.475
21083	Fast foods, taco salad	198	1-1/2 cups	1.748
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	0.596
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	103	1 cone	0.306
09094	Figs, dried, uncooked	38	2 figs	0.131
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	2.826
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.247
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	0.171
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	1.596
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	3.250

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15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	0.583
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	0.390
15034	Fish, haddock, cooked, dry heat	150	1 fillet	0.306
15034	Fish, haddock, cooked, dry heat	85	3 oz	0.173
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	0.560
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	0.299
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	1.428
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	0.313
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	0.184
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	0.350
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	0.496
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	0.412
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	0.723
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	0.156
15077	Fish, salmon, chinook, smoked	85.05	3 oz	0.846
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	1.742
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	1.271
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	2.317
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	4.378
15111	Fish, swordfish, cooked, dry heat	106	1 piece	1.450
15111	Fish, swordfish, cooked, dry heat	85	3 oz	1.163
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	1.529
15128	Fish, tuna salad	205	1 cup	8.450
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	2.454
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	0.286
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	0.943
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	0.149
07022	Frankfurter, beef	45	1 frank	0.532
07023	Frankfurter, beef and pork	45	1 frank	1.229
07024	Frankfurter, chicken	45	1 frank	1.743
18268	French toast, frozen, ready-to-heat	59	1 slice	0.724
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	1.686
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	0.809
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	3.021
19263	Frozen novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0.023
19281	Frozen novelties, ice type, italian, restaurant-prepared	116	1/2 cup	0.000
19283	Frozen novelties, ice type, pop	59	1 bar (2 fl oz)	0.009
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	0.158
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	0.151
19294	Fruit butters, apple	17	1 tbsp	0.014
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	0.077
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	0.009
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	0.007
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	0.195
35142	Frybread, made with lard (Navajo)	160	10-1/2" bread	1.688
35142	Frybread, made with lard (Navajo)	90	5" bread	0.950
11215	Garlic, raw	3	1 clove	0.007

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0.000
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0.000
14277	Grape drink, canned	250	8 fl oz	0.000
09137	Grape juice cocktail, frozen concentrate, diluted with 3 volume water, with added ascorbic acid	250	1 cup	0.065
09136	Grape juice cocktail, frozen concentrate, undiluted, with added ascorbic acid	216	6-fl-oz can	0.199
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253	1 cup	0.056
09404	Grapefruit juice, pink, raw	247	1 cup	0.059
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	0.053
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	0.057
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	0.079
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	0.234
09128	Grapefruit juice, white, raw	247	1 cup	0.059
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	0.044
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	0.028
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	0.061
09132	Grapes, red or green (European type, such as Thompson seedless), raw	50	10 grapes	0.024
09132	Grapes, red or green (European type, such as Thompson seedless), raw	160	1 cup	0.077
06116	Gravy, beef, canned, ready-to-serve	58.25	1/4 cup	0.047
06119	Gravy, chicken, canned, ready-to-serve	59.5	1/4 cup	0.893
06121	Gravy, mushroom, canned	59.6	1/4 cup	0.608
06125	Gravy, turkey, canned, ready-to-serve	59.6	1/4 cup	0.292
07027	Ham, chopped, not canned	21	2 slices	0.265
07028	Ham, sliced, extra lean	56.7	2 slices	0.121
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	0.447
11961	Hearts of palm, canned	33	1 piece	0.067
19296	Honey	21	1 tbsp	0.000
02055	Horseradish, prepared	5	1 tsp	0.017
16158	Hummus, commercial	14	1 tbsp	0.506
19270	Ice creams, chocolate	66	1/2 cup	0.271
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	0.387
19095	Ice creams, vanilla	66	1/2 cup	0.298
19088	Ice creams, vanilla, light	66	1/2 cup	0.145
19089	Ice creams, vanilla, rich	74	1/2 cup	0.503
19297	Jams and preserves	20	1 tbsp	0.000
19300	Jellies	19	1 tbsp	0.001
11226	Jerusalem-artichokes, raw	150	1 cup	0.002
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	0.251
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	0.306
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	0.375
09148	Kiwifruit, green, raw	76	1 medium	0.218
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	0.087
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	1.003
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.434

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	1.428
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.544
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	1.845
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.740
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	1.454
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.782
04002	Lard	12.8	1 tbsp	1.434
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.000
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.000
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.006
18372	Leavening agents, baking soda	4.6	1 tsp	0.000
18373	Leavening agents, cream of tartar	3	1 tsp	0.000
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0.001
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.001
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0.001
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	0.115
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.013
09153	Lemon juice, canned or bottled	244	1 cup	0.207
09152	Lemon juice, raw	47	juice of 1 lemon	0.010
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0.032
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.002
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	0.000
09150	Lemons, raw, without peel	58	1 lemon	0.052
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	0.347
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	0.191
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.009
11251	Lettuce, cos or romaine, raw	10	1 leaf	0.016
11251	Lettuce, cos or romaine, raw	56	1 cup	0.090
11253	Lettuce, green leaf, raw	56	1 cup	0.046
11253	Lettuce, green leaf, raw	10	1 leaf	0.008
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	0.041
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.006
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	0.399
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	0.261
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	0.284
16073	Lima beans, large, mature seeds, canned	241	1 cup	0.178
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	0.321
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.010
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	0.157
09160	Lime juice, raw	38	juice of 1 lime	0.009
22247	Macaroni and Cheese, canned entree	252	1 cup	0.764
20100	Macaroni, cooked, enriched	140	1 cup	0.447

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	0.068
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	0.543
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	0.035
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	0.564
09176	Mangos, raw	207	1 mango	0.147
09176	Mangos, raw	165	1 cup	0.117
04610	Margarine, regular, 80% fat, composite, stick, with salt	14	1 tbs	3.402
04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1 tbs	3.797
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.2	1 tbs	3.432
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	4.8	1 tsp	0.802
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1 tbs	2.391
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	4.8	1 tsp	1.271
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	4.8	1 tsp	0.596
09181	Melons, cantaloupe, raw	160	1 cup	0.130
09181	Melons, cantaloupe, raw	69	1/8 melon	0.056
09184	Melons, honeydew, raw	170	1 cup	0.100
09184	Melons, honeydew, raw	160	1/8 melon	0.094
01110	Milk shakes, thick chocolate	300	10.6 fl oz	0.300
01111	Milk shakes, thick vanilla	313	11 fl oz	0.354
01094	Milk, buttermilk, dried	6.5	1 tbs	0.014
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	0.081
01095	Milk, canned, condensed, sweetened	306	1 cup	1.031
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	256	1 cup	0.015
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	252	1 cup	0.617
01104	Milk, chocolate, fluid, commercial, lowfat, with added vitamin A and vitamin D	250	1 cup	0.088
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250	1 cup	0.223
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250	1 cup	0.310
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	23	1/3 cup	0.006
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244	1 cup	0.085
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245	1 cup	0.007
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244	1 cup	0.178
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244	1 cup	0.476
16112	Miso	68.75	1 cup	2.203
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	0.270
15157	Mollusks, clam, mixed species, raw	85	3 oz	0.163
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	2.816
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	0.444
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	2.656
22120	MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared	110	1 cup	3.157
22121	MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared	85	1 patty	1.445
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	57	1 muffin	5.531

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	3.071
18279	Muffins, corn, commercially prepared	57	1 muffin	1.833
18280	Muffins, corn, dry mix, prepared	50	1 muffin	0.625
18283	Muffins, oat bran	57	1 muffin	2.354
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	1.672
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	0.040
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	0.060
11264	Mushrooms, canned, drained solids	156	1 cup	0.176
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	0.049
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.005
11261	Mushrooms, white, cooked, boiled, drained, without salt	156	1 cup	0.285
11260	Mushrooms, white, raw	70	1 cup	0.112
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	0.064
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.048
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	0.031
09191	Nectarines, raw	136	1 nectarine	0.154
20113	Noodles, chinese, chow mein	45	1 cup	7.799
20110	Noodles, egg, cooked, enriched	160	1 cup	0.883
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	0.558
12061	Nuts, almonds	28.35	1 oz (24 nuts)	3.422
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	5.834
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	2.222
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	2.423
12167	Nuts, chestnuts, european, roasted	143	1 cup	1.243
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	0.361
12104	Nuts, coconut meat, raw	45	1 piece	0.165
12120	Nuts, hazelnuts or filberts	28.35	1 oz	2.245
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	0.425
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	3.053
12637	Nuts, mixed nuts, with peanuts, oil roasted, with salt added	28.35	1 oz	3.770
12142	Nuts, pecans	28.35	1 oz (20 halves)	6.128
12147	Nuts, pine nuts, dried	28.35	1 oz	9.659
12147	Nuts, pine nuts, dried	8.6	1 tbsp	2.930
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	3.813
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	13.374
20034	Oat bran, cooked	219	1 cup	0.742
20033	Oat bran, raw	94	1 cup	2.600
04582	Oil, canola	14	1 tbsp	3.940
04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1 tbsp	7.436
04053	Oil, olive, salad or cooking	13.5	1 tbsp	1.421
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	4.320
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1 tbsp	1.744
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	5.671
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1 tbsp	5.114
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1 tbsp	6.542
04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1 tbsp	8.935

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	0.074
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	0.118
09193	Olives, ripe, canned (small-extra large)	22	5 large	0.200
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	3.068
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	0.069
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	0.153
11284	Onions, dehydrated flakes	5	1 tbsp	0.009
11282	Onions, raw	14	1 slice	0.002
11282	Onions, raw	110	1 whole	0.019
11282	Onions, raw	160	1 cup	0.027
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0.011
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	0.074
09207	Orange juice, canned, unsweetened	249	1 cup	0.085
09209	Orange juice, chilled, includes from concentrate	249	1 cup	0.075
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	0.030
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	0.087
09206	Orange juice, raw	248	1 cup	0.099
09206	Orange juice, raw	86	juice from 1 orange	0.034
09200	Oranges, raw, all commercial varieties	180	1 cup	0.045
09200	Oranges, raw, all commercial varieties	131	1 orange	0.033
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	0.389
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	0.312
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	1.111
09226	Papayas, raw	304	1 papaya	0.176
09226	Papayas, raw	140	1 cup	0.081
11297	Parsley, raw	10	10 sprigs	0.012
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	0.073
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	0.907
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	0.046
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	0.123
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	0.016
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	0.040
09246	Peaches, dried, sulfured, uncooked	39	3 halves	0.143
09250	Peaches, frozen, sliced, sweetened	250	1 cup	0.160
09236	Peaches, raw	98	1 peach	0.084
09236	Peaches, raw	170	1 cup	0.146
16097	Peanut butter, chunk style, with salt	16	1 tbsp	2.368
16098	Peanut butter, smooth style, with salt	16	1 tbsp	2.266
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	4.449
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	4.449
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	4.335
09340	Pears, asian, raw	275	1 pear	0.151
09340	Pears, asian, raw	122	1 pear	0.067
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.023
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0.080
09254	Pears, canned, juice pack, solids and liquids	76	1 half	0.011
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0.037
09252	Pears, raw	166	1 pear	0.048

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11301	Peas, edible-podded, boiled, drained, without salt	160	1 cup	0.160
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	0.267
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	170	1 cup	0.277
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	0.206
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	0.323
11670	Peppers, hot chili, green, raw	45	1 pepper	0.049
11819	Peppers, hot chili, red, raw	45	1 pepper	0.108
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0.134
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	0.144
11333	Peppers, sweet, green, raw	10	1 ring	0.006
11333	Peppers, sweet, green, raw	119	1 pepper	0.074
11333	Peppers, sweet, green, raw	149	1 cup	0.092
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	0.144
11821	Peppers, sweet, red, raw	119	1 pepper	0.083
11821	Peppers, sweet, red, raw	149	1 cup	0.104
11945	Pickle relish, sweet	15	1 tbsp	0.018
11937	Pickles, cucumber, dill or kosher dill	65	1 pickle	0.036
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	16.510
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	126	1 pie shell	4.496
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	16.420
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.000
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	0.016
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	2.572
18302	Pie, apple, prepared from recipe	155	1 piece	5.174
18305	Pie, blueberry, commercially prepared	117	1 piece	4.123
18306	Pie, blueberry, prepared from recipe	147	1 piece	4.528
18308	Pie, cherry, commercially prepared	117	1 piece	2.404
18309	Pie, cherry, prepared from recipe	180	1 piece	5.845
18310	Pie, chocolate creme, commercially prepared	113	1 piece	2.710
18316	Pie, coconut custard, commercially prepared	104	1 piece	1.217
18444	Pie, fried pies, cherry	128	1 pie	6.881
18319	Pie, fried pies, fruit	128	1 pie	6.881
18320	Pie, lemon meringue, commercially prepared	113	1 piece	4.122
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	4.230
18324	Pie, pecan, commercially prepared	113	1 piece	4.016
18325	Pie, pecan, prepared from recipe	122	1 piece	6.966
18326	Pie, pumpkin, commercially prepared	109	1 piece	1.929
18327	Pie, pumpkin, prepared from recipe	155	1 piece	2.806
11943	Pimento, canned	12	1 tbsp	0.019
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0.070
14341	Pineapple and orange juice drink, canned	250	8 fl oz	0.000
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0.105
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.020
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	0.102
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	0.072
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.014

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09266	Pineapple, raw, all varieties	155	1 cup	0.062
21224	Pizza, cheese topping, regular crust, frozen, cooked	63	1 serving	1.199
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	79	1 serving	2.037
09278	Plantains, cooked	154	1 cup	0.051
09277	Plantains, raw	179	1 medium	0.124
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0.010
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	0.057
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	0.013
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0.002
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	0.064
09291	Plums, dried (prunes), uncooked	42	5 prunes	0.026
09279	Plums, raw	66	1 plum	0.029
07065	Pork and beef sausage, fresh, cooked	26	2 links	1.014
07064	Pork sausage, fresh, cooked	26	2 links	0.969
07064	Pork sausage, fresh, cooked	27	1 patty	1.006
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	0.864
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	0.377
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	0.765
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	1.539
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	0.536
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	3.000
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	1.428
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	0.723
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	1.155
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	1.808
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	0.694
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	0.900
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	2.103
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	1.235
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	1.817
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	1.938
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	0.986
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	2.321
11672	Potato pancakes	76	1 pancake	5.712
11399	Potato puffs, frozen, oven-heated	79	10 puffs	0.353
11414	Potato salad, home-prepared	250	1 cup	9.343
11674	Potato, baked, flesh and skin, without salt	202	1 potato	0.117
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	0.328
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	0.676
11363	Potatoes, baked, flesh, without salt	156	1 potato	0.067
11364	Potatoes, baked, skin, without salt	58	1 skin	0.025
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	0.058

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	0.058
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	0.067
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	50	10 strips	0.161
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	0.384
11370	Potatoes, hashed brown, home-prepared	156	1 cup	7.337
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	0.466
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	0.137
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	2.444
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	0.475
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	0.407
05306	Poultry food products, ground turkey, cooked	82	1 patty	2.392
09294	Prune juice, canned	256	1 cup	0.018
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	0.194
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	0.108
19183	Puddings, chocolate, ready-to-eat	113	4 oz	0.119
19193	Puddings, rice, ready-to-eat	113.4	4 oz	0.136
19218	Puddings, tapioca, ready-to-eat	113	4 oz	0.081
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	0.123
19201	Puddings, vanilla, ready-to-eat	113	4 oz	0.098
11424	Pumpkin, canned, without salt	245	1 cup	0.037
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	0.010
11429	Radishes, raw	4.5	1 radish	0.002
09298	Raisins, seedless	145	1 cup	0.054
09298	Raisins, seedless	14	1 packet	0.005
09306	Raspberries, frozen, red, sweetened	250	1 cup	0.223
09302	Raspberries, raw	123	1 cup	0.461
16103	Refried beans, canned, traditional style (includes USDA commodity)	252	1 cup	0.837
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	0.060
14639	Rice drink, unsweetened, with added calcium, vitamins A and D	240	8 fl oz	0.751
20037	Rice, brown, long-grain, cooked	195	1 cup	0.630
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0.159
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	0.596
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0.028
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0.120
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	0.327
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	0.703
18350	Rolls, hamburger or hotdog, plain	43	1 roll	0.846
18353	Rolls, hard (includes kaiser)	57	1 roll	0.980
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	0.162
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	4.214
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	3.281
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	0.628
04133	Salad dressing, french, home recipe	14	1 tbsp	4.718
04134	Salad dressing, home recipe, cooked	16	1 tbsp	0.336
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	3.760

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	1.902
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	0.256
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	5.848
04015	Salad dressing, russian dressing	15.3	1 tbsp	2.269
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	0.375
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	0.412
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	2.842
07069	Salami, cooked, beef and pork	56.7	2 slices	1.434
07072	Salami, dry or hard, pork, beef	20	2 slices	0.556
02047	Salt, table	6	1 tsp	0.000
07073	Sandwich spread, pork, beef	15	1 tbsp	0.385
06150	Sauce, barbecue	15.75	1 tbsp	0.027
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	1.637
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.272
06166	Sauce, homemade, white, medium	250	1 cup	7.155
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	2.960
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.009
06164	Sauce, salsa, ready-to-serve	16	1 tbsp	0.018
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.000
11439	Sauerkraut, canned, solids and liquids	236	1 cup	0.158
07083	Sausage, Vienna, canned, chicken, beef, pork	16	1 sausage	0.206
11445	Seaweed, kelp, raw	10	2 tbsp	0.005
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.019
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	5.629
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	3.535
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	2.039
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	10.523
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	9.323
14346	Shake, fast food, chocolate	333	16 fl oz	0.466
14347	Shake, fast food, vanilla	333	16 fl oz	1.052
11677	Shallots, raw	10	1 tbsp	0.004
19097	Sherbet, orange	74	1/2 cup	0.059
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	12.8	1 tbsp	3.341
19410	Snack, potato chips, made from dried potatoes, plain	28.35	1 oz	3.854
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	0.200
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	4.584
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	3.972
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	5.412
19013	Snacks, fruit leather, pieces	28.35	1 oz	0.156
19014	Snacks, fruit leather, rolls	21	1 large	0.116
19015	Snacks, granola bars, hard, plain	28.35	1 bar	3.416
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	0.539
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	0.447
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	0.910
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	1.122
19441	Snacks, KELLOGG'S, NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	1.339

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	3.017
19034	Snacks, popcorn, air-popped	8	1 cup	0.152
19036	Snacks, popcorn, cakes	10	1 cake	0.135
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	1.373
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	1.577
19040	Snacks, popcorn, cheese-flavor	11	1 cup	1.691
19035	Snacks, popcorn, oil-popped, microwave, regular flavor	11	1 cup	2.551
19041	Snacks, pork skins, plain	28.35	1 oz	1.032
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	4.641
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1 oz	3.459
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	5.324
19411	Snacks, potato chips, plain, salted	28.35	1 oz	4.535
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	3.450
19422	Snacks, potato chips, reduced fat	28.35	1 oz	3.101
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	4.939
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	0.664
19033	Snacks, RALSTON PURINA, CHEX MIX	28.35	1 oz (about 2/3 cup)	1.268
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.089
19057	Snacks, tortilla chips, nacho cheese	28.35	1 oz	3.862
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	0.595
19056	Snacks, tortilla chips, plain, white corn	28.35	1 oz	3.189
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	16.483
19061	Snacks, trail mix, tropical	140	1 cup	7.224
06007	Soup, bean with ham, canned, chunky, ready-to-serve	243	1 cup	0.948
06404	Soup, bean with pork, canned, prepared with equal volume water	253	1 cup	1.685
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.020
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	241	1 cup	0.000
06409	Soup, beef noodle, canned, prepared with equal volume water	244	1 cup	0.476
06419	Soup, chicken noodle, canned, prepared with equal volume water	241	1 cup	0.636
06528	Soup, chicken noodle, dry, mix, prepared with water	252.3	1 cup	0.391
06024	Soup, chicken vegetable, chunky, canned, ready-to-serve	240	1 cup	1.008
06740	Soup, chicken vegetable, chunky, reduced fat, reduced sodium, ready-to-serve, single brand	238	1 serving	0.255
06423	Soup, chicken with rice, canned, prepared with equal volume water	241	1 cup	0.410
06018	Soup, chunky chicken noodle, canned, ready-to-serve	240	1 cup	0.269
06067	Soup, chunky vegetable, canned, ready-to-serve	240	1 cup	1.392
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	1.227
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	248	1 cup	1.272
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248	1 cup	1.637
06416	Soup, cream of chicken, canned, prepared with equal volume water	244	1 cup	1.488
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	248	1 cup	1.912
06443	Soup, cream of mushroom, canned, prepared with equal volume water	244	1 cup	1.713

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06440	Soup, minestrone, canned, prepared with equal volume water	241	1 cup	1.109
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	241	1 cup	0.603
06094	Soup, onion, dry, mix	39	1 packet	0.064
06494	Soup, onion, dry, mix, prepared with water	246	1 cup	0.017
06449	Soup, pea, green, canned, prepared with equal volume water	250	1 cup	0.355
06174	Soup, stock, fish, home-prepared	233	1 cup	0.322
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	248	1 cup	0.312
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	0.227
06471	Soup, vegetable beef, canned, prepared with equal volume water	244	1 cup	0.110
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241	1 cup	0.711
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.056
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.003
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	5.420
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	8.710
16120	Soymilk, original and vanilla, unfortified	245	1 cup	2.354
22401	Spaghetti with meat sauce, frozen entree	283	1 package	0.906
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	0.447
20125	Spaghetti, whole-wheat, cooked	140	1 cup	0.298
02007	Spices, celery seed	2	1 tsp	0.074
02009	Spices, chili powder	2.6	1 tsp	0.208
02010	Spices, cinnamon, ground	2.3	1 tsp	0.002
02015	Spices, curry powder	2	1 tsp	0.051
02020	Spices, garlic powder	2.8	1 tsp	0.005
02026	Spices, onion powder	2.1	1 tsp	0.007
02027	Spices, oregano, dried	1.5	1 tsp	0.021
02028	Spices, paprika	2.1	1 tsp	0.163
02029	Spices, parsley, dried	1.3	1 tbsp	0.054
02030	Spices, pepper, black	2.1	1 tsp	0.021
11658	Spinach souffle	136	1 cup	0.830
11461	Spinach, canned, regular pack, drained solids	214	1 cup	0.452
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	0.196
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	0.705
11457	Spinach, raw	30	1 cup	0.050
11457	Spinach, raw	10	1 leaf	0.017
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	0.236
11641	Squash, summer, all varieties, raw	113	1 cup	0.101
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	0.301
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	0.070
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	0.163
09316	Strawberries, raw	12	1 strawberry	0.019
09316	Strawberries, raw	18	1 strawberry	0.028
09316	Strawberries, raw	166	1 cup	0.257
19334	Sugars, brown	3.2	1 tsp	0.000
19335	Sugars, granulated	4.2	1 tsp	0.000
19336	Sugars, powdered	8	1 tbsp	0.000

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11647	Sweet potato, canned, syrup pack, drained solids	196	1 cup	0.276
11512	Sweet potato, canned, vacuum pack	255	1 cup	0.214
11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	0.093
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	0.095
11659	Sweet potato, cooked, candied, home-prepared	105	1 piece	0.154
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	4.484
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	0.518
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0.053
19350	Syrups, corn, light	20	1 tbsp	0.000
19353	Syrups, maple	20	1 tbsp	0.003
19129	Syrups, table blends, pancake	20	1 tbsp	0.000
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.000
18360	Taco shells, baked	13.3	1 medium	0.966
09223	Tangerine juice, canned, sweetened	249	1 cup	0.062
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	0.050
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	0.055
20068	Tapioca, pearl, dry	152	1 cup	0.005
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0.007
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0.009
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.009
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0.000
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0.047
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.000
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	0.901
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	0.563
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	1.144
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	1.453
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	2.497
11954	Tomatillos, raw	34	1 medium	0.142
11540	Tomato juice, canned, with salt added	243	1 cup	0.058
11546	Tomato products, canned, paste, without salt added	262	1 cup	0.419
11547	Tomato products, canned, puree, without salt added	250	1 cup	0.215
11549	Tomato products, canned, sauce	245	1 cup	0.179
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240	1 cup	0.125
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	0.196
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	0.102
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.014
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.017
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	0.149
11955	Tomatoes, sun-dried	2	1 piece	0.022
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	0.062
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.369
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	0.507
21088	Tostada with guacamole	130.5	1 tostada	1.527
05286	Turkey and gravy, frozen	142	5-oz package	0.667

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
05292	Turkey patties, breaded, battered, fried	64	1 patty	3.014
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	1.412
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	1.930
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	1.875
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	0.722
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	2.101
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	3.511
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	0.131
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	0.279
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0.066
02050	Vanilla extract	4.2	1 tsp	0.000
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	0.400
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	0.808
11578	Vegetable juice cocktail, canned	242	1 cup	0.092
11581	Vegetables, mixed, canned, drained solids	163	1 cup	0.194
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	0.131
02048	Vinegar, cider	15	1 tbsp	0.000
18403	Waffles, plain, frozen, ready -to-heat, toasted	33	1 waffle	0.725
18367	Waffles, plain, prepared from recipe	75	1 waffle	5.089
14429	Water, tap, municipal	237	8 fl oz	0.000
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0.036
09326	Watermelon, raw	152	1 cup	0.076
09326	Watermelon, raw	286	1 wedge	0.143
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	0.516
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	0.513
20083	Wheat flour, white, bread, enriched	137	1 cup	0.996
20084	Wheat flour, white, cake, enriched	137	1 cup	0.519
20080	Wheat flour, whole-grain	120	1 cup	1.400
20089	Wild rice, cooked	164	1 cup	0.349
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	0.070
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	0.100
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	0.011
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	0.209